



Tobacco Cessation Group Education Class

Veteran Information Sheet

- WHO:** This class is for Veterans who are thinking about quitting tobacco.
- WHAT:** In this class you will learn skills & make a plan for quitting tobacco.
- WHEN:** 1st, 3rd, and 4th Thursdays of each month (12:30pm – 2:00pm).

CLASS DESCRIPTION:

Learn more about the habit of tobacco

Receive support for developing an individualized plan to quit tobacco

Receive guidance & encouragement for living a tobacco-free life

IF MULTIPLE CLASSES, MAY THEY BE ATTENDED OUT OF ORDER:

Yes

WHERE:

Patient Education Room #1-2315 (2nd floor, Main Building of Aleda E. Lutz VAMC)
Available via Clinical Video Telehealth (CVT) for all Community Based Outpatient Clinics (CBOCs).

WILL VETERAN GET TRAVEL PAY?

Yes – if eligible

HOW CAN A VETERAN JOIN THIS CLASS?

Speak with your Primary Care Provider or a staff member on your Primary Care Team to let them know you are interested.